



6 - Harper's Ferry



8 - Season finales

Brief Notes

Main Base's **Brownie Troop 23** meets Tuesday, Nov. 30 in the Community and Education Center's Fellowship Hall, from 4:30 - 6 p.m. All girls in grades 1 - 3 are welcome! For more information, contact Darla Campbell at 252-8261.

USO Notes:

The **Fleet Landing Center** will be open 10 a.m. - 10 p.m. Thursday, Nov. 25 through Sunday, Nov. 28. Stop by to enjoy a homemade Turkey Day feast and relax in our recliners in front of the big-screen – just like at home! Don't forget you can e-mail home free at the USONet Cyber Café.

USO's Charity Auction is finally here! Preview begins at 10 a.m. and and live auction starts at 11 a.m. Saturday, Nov. 27 at the Harbor View Club. Pick up some incredible bargains for Christmas presents – or for yourself! Tickets available from your Ombudsman, either USO or at the door for \$5.00. Proceeds support USO free programs.

This Week

The Main Base road pavement replacement project is in progress. Periods of road closures and one lane traffic should be expected during this paving work. Paving work is currently being performed on the **road that accesses the India Basin berth 6 and 7 area in front of the Housing Welcome Center** (Building 154) and the NEX locker (Building 153).

Next week (starting Dec 6), **Oregon Drive from McDonalds to the corner by Galaxies** will be under construction. Oregon Drive will be reduced to one lane traffic from 8 a.m. to 4 p.m. each working day.

Please be attentive to the directions given by the flagmen and follow safe driving practices when driving through areas under construction.

Your patience throughout this construction work is appreciated.

Weather

Sunday Mostly cloudy
H 55° L 45°
Monday Mostly cloudy w/ rain
H 56° L 46°

DUI Counter: 20 days as of Nov. 27

Follow ethical guidelines for holiday gift-giving

Released by CFAS Staff Judge Advocate's Office

Holiday time is approaching, and the Office of General Counsel has issued some guidance as to the holiday situations we might encounter. During the holidays many Department of Defense (DoD) offices hold parties and receptions involving food, drink, and even gifts. Including contractor employees, who are not Federal personnel (even though they work side-by-side with us) in these activities adds some new considerations.

Gifts From Contractors:

The general rule is that Federal personnel may not accept gifts from contractors or contractor personnel .

a. Exception #1: Federal personnel may accept gifts (other than cash) not exceeding **\$20, as long as** the total amount of gifts that the personnel accept from that contractor does not exceed \$50 for the year.

b. Exception #2: Federal personnel may accept gifts from a contractor employee that are based on a **bona fide personal relationship** . (Such personal gifts are actually paid for by the contractor employee.)

c. Exception #3: Federal personnel may generally attend a contractor's open-house or reception, and accept any gift of refreshments if it is a **widely-attended gathering**, and the employee's supervisor determines that it is in the agency's interest that the employee attends.

d. Exception #4: Federal personnel may accept invitations (even from contractors) that are open to the public, all government employees, or all military personnel.

e. Exception #5: Federal personnel may accept invitations offered to a group or class that is not related to government employment. (For example, if the building owner where your office is located throws a reception for all of the tenants of the building.)

Gifts Between Federal Personnel:

General Rule: Supervisors may not accept gifts from subordinates or Federal personnel who receive less pay.

a. Exception #1: During holidays, which occur on an occasional basis, supervisors may accept gifts (other than cash) of **\$10 or less** from a subordinate.

b. Exception #2: Supervisors may accept refreshments shared in the office.

c. Exception #3: If invited by a subordinate to a social event at the subordinate's residence, supervisors may accept such personal hospitality of the type and value customarily given on such an occasion.

d. Exception #4: If a subordinate is invited to a social event at the supervisor's residence, the subordinate may give the supervisor a hospitality gift of the type and value customarily given on such an occasion.

(Please note, there are no legal restrictions on gifts given to peers or

subordinates, however, common sense should apply.)

Rules Applicable to Contractor Employees:

Many contractors have rules of ethics or business practices that are similar to the Federal rules. Take these rules into consideration before offering contractor employees gifts or opportunities they may not be able to accept.

Examples:

1. Office Party (non-duty time):

Your office is having a holiday party during the non-duty lunch hour or after work and asks each person attending to pay \$5 to cover refreshments and to bring a pot luck dish or dessert. Contractor employees may attend, pay \$5, and bring food because these contributions are not considered to be gifts, but a fair share contribution to the refreshments.

Remember , contributions must be voluntary, so soliciting must be done with care to ensure there is no pressure. Also,

ensure this is non-duty time for the contractor employees as well.

2. **Office Party (duty time):** What about a party that cuts into duty hours? The government usually may not reimburse a contractor for its employees' morale and welfare expenses. The contractor has to decide whether to let its employees attend and forego payment for their time, or insist that they continue to work. If contractor employees are allowed to attend, the contractor must also decide whether it would pay its employees for that time, even though it wouldn't be reimbursed by the government. The contractor does not have to pay its employees for that time. Consult the contracting officer and ethics counselor before inviting contractor employees to a function during their duty hours.

3. **Gift to Supervisor:** Your office wants to give the office supervisor a gift. However, you can't solicit other

Please see Guidelines...pg. 6

Celebrating American Indian heritage



The Commander, Fleet Activities Sasebo (CFAS) (left) and an Ojibwe/ Cherokee Indian, cut a cake at the Shogun Cafe Nov. 22 to commemorate National American Indian Heritage Month 2004. The gentleman to the right, a Sasebo community member and member of the American Indian Council, performs at approximately 20 powwows per year throughout the United States and Canada. He gave presentations about American Indian culture to students at Sasebo and Darby Elementary Schools and E.J. King High School Nov. 18 - 24. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Soundings survey is your chance to improve community’s newspaper

JO1(SW) Ron Inman
Sasebo Soundings Editor

On Oct. 2, *Sasebo Soundings* went to a new, 8-page, black-and-white format. While the format of the paper may have changed, our mission to provide the Sasebo community with an informative,

entertaining and useful weekly command publication has not.
The purpose of this survey is to gauge our readers’ opinion of the new format and solicit suggestions to improve it.
Please take a few moments to fill out this short survey. The Soundings staff will make changes to the paper’s format

based on your input. More response means more chance for improvement.
Please return surveys by Monday, Dec. 6. Surveys may be dropped off to the PAO/Soundings (01B) mailbox in the Headquarters Bldg. (Bldg. 80, first floor, entrance adjacent to the Harbor View Club), placed in Guard Mail care of

Sasebo Soundings, or mailed to the Public Affairs Officer at PSC 476 Box 93, FPO AP 96322. You can also complete the survey online at **<www.cfas.navy.mil>**. For further information, please contact JO1(SW) Inman at 252-3485/3409.

Please circle the most appropriate answer:

Newspaper Survey

Demographic Data

Gender
Male Female

Age
18-24 25-29 30-34 40+

Paygrade
E1-E3 E4 E5 E6 E7-E9
CWO1-CWO5 01-03 04-06 GS-M1-5
GS-GM 6-10 GS-GM11-15 Other

1. How often do you read Sasebo Soundings?

Every Week
Sometimes
Rarely
Never

2. How informative is it?
Extremely
Very
Fairly
Not Very

3. How would you rate the overall content of Sasebo Soundings?

1 (weak) to 5 (strong)
1 2 3 4 5

4. What is your favorite section of the paper?

Local news
Navywide news
Safety tips
Profile
Photography
Upcoming events & movies
MWR news
Living in Japan
Betcha didn't know
Base & community announcements
Classifieds
Sports

Why?

5. What is your least favorite section of the paper?

Local news
Navywide news

Safety tips
Profile
Photography
Upcoming events & movies
MWR news
Living in Japan
Betcha didn't know
Base & community announcements
Classifieds
Sports

Why?

6. Rate the following sections:

1(lowest) to 5 (highest)

Local news	1	2	3	4	5
Navywide news	1	2	3	4	5
Safety tips	1	2	3	4	5
Profile	1	2	3	4	5
Photography	1	2	3	4	5
Upcoming events & movies	1	2	3	4	5
MWR news	1	2	3	4	5
Living in Japan	1	2	3	4	5
Betcha didn't know					

1	2	3	4	5	
Base & community announcements	1	2	3	4	5
Classifieds	1	2	3	4	5
Sports	1	2	3	4	5

7. Copies of Soundings are conveniently available:
Always
Usually
Sometimes
Never

8. Where do you usually pick up Soundings?

MB Post Office
Hario Post Office
Bayside
Harbor View Club
BEH
BOH
Fleet Landing
Fleet Gym
USO Nimitz Park

10. What would you like to see changed or added to Soundings?

Thank you for taking the time to complete this survey and improve Sasebo Soundings. Survey results will be published in a future issue.

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Safety Corner: Follow these tips for a safe holiday season

Charles Carr
CFAS Safety Department

The holiday season is a time for family, fun and celebration. It's also a time to be extra alert to potential safety hazards. To help reduce your risk of injury, Safety asks that you consider these common-sense tips:
Put the brakes on holiday drinking and driving. More than half of all traffic deaths are alcohol-related. Offer a selection of non-alcoholic drinks at holiday parties. For your guests who drink alcoholic beverages, arrange transportation such as cabs or designated drivers to take them home. Or, be prepared to invite guests to stay overnight. Stop serving alcohol at least one hour before the party ends.
Put safety at the top of your shopping list. Select safe toys as holiday gifts for children. Look for the words “nontoxic,” “flame resistant” and “flame retardant.” All plug-in electrical

toys should carry the Underwriter’s Laboratories (UL) mark. Toys for infants and young children under three should be free of small removable parts that can fit into mouths, ears and noses or be swallowed. Give the gift of safety to adults on your list as well: winter travel survival kits for the car, carbon monoxide detectors and smoke detectors are all thoughtful and timely gifts. Stop holiday fires before they start. According to the National Fire Protection Association, nearly 30 percent of home fires occur during the holiday months of November, December and January, and 35 percent of home fire deaths happen during that time of year. To prevent holiday-related home fires: Be sure all indoor and outdoor holiday lights bear the mark of an independent testing laboratory, throw away any lights with cracked or frayed cords, and don’t overload electrical outlets. Keep portable and other space heaters at least three feet away from furniture, bedding, walls, clothing and

other flammable items (All heaters should be approved by an independent testing laboratory). Before lighting Hanukkah or Kwanzaa candles, place them in non-tip candle holders on a sturdy, stable surface, and never burn candles near a holiday tree or combustible decorations or displays. Keep candles away from curtains. Don’t leave burning candles unattended, and keep them out of the reach of small children. Always extinguish candles before you leave the house and before you go to bed.
Choose a fresh-cut Christmas tree that’s not shedding its needles. Cut the tree trunk at an angle and install the tree in a large, deep, non-tip stand, well away from fireplaces, heaters and exits. Be sure to water the tree frequently and remove it promptly if it becomes dry. If your tree is artificial, make sure it’s flame retardant. Before you hang stockings by the chimney, have your chimney

Please see Safety...pg. 6

Command Spotlight: Sasebo USO

JO1(SW) Ron Inman
CFAS Public Affairs

The purpose of the United Services Organization (USO) is to provide a framework for civilians from the U.S. and host countries to support the U.S. military.

Fleet Activities Sasebo (CFAS) receives that support through its own USO center, USO Sasebo.

According to USO Sasebo Director, D.J. Stanhope, USO Sasebo’s mission is based on the needs of the Sasebo community.

“Each USO is unique,” Stanhope said. “We don’t seek to duplicate existing services, but to complement or supplement what already exists.”

Stanhope dismissed a common misconception: “USO is not part of MWR,” she said. “We’re a non-profit, non-government - affiliated, charitable organization. We raise our own funds locally through fundraisers like charity auctions, furniture sales, our annual gala and our retail services - USONet and the Nimitz Park coffee shop.”

According to Stanhope, that money goes right back to the community by funding the operation of the two USO locations at CFAS and a variety of activities.

“We have two target populations in Sasebo,” said Stanhope, “single Sailors and the families of deployed Sailors.”
At the recently renovated USO Fleet Landing, Sailors

can relax after a hard day’s work in lounge chairs and watch the big screen TV, or send e-mail at the cyber cafe on one of six computers.

At USO Nimitz Park, they can send e-mail on four computers, but there is also a coffee shop and the Treasure Chest gift shop.

According to Stanhope, whereas the Fleet Landing is geared towards single Sailors, Nimitz Park is a place for families - and a bridge between U.S. and Japanese cultures.

“It’s a great location for people to meet and have activities,” said Stanhope. “Our secondary mission is to act as a liaison between servicemembers and our host nation. Ten years ago, Fleet Landing was the only USO location. Then the USO Council of Sasebo, with the help of prominent local businessmen, bought the land, built the facility and donated it to the base.”

In addition to running the centers, USO Sasebo also teaches English and American culture at Gion Elementary School, supports units by holding ‘fun nights’ at the bowling alley, and recently sponsored activities such as ‘Build-A-Bear’ and ‘Disney Hand’.

“We do fundraisers because we have overhead,” explained Stanhope. “One of our facilities is always open, and since we have only four staff members for two locations, we rely heavily on volunteers.”
For more information on USO Sasebo, call 252-3873.

Long-term road pavement replacement project to improve CFAS roads by February 2005

JO1(SW) Ron Inman
CFAS Public Affairs

If you use the roads on Fleet Activities Sasebo (CFAS), then you’ve noticed the road project which began Nov. 20 at the intersection in front of Fleet Landing.

The \$750,000 project to replace a significant amount of the road surface on Main Base - including the entire Nimitz Park road surface - will be accomplished in four phases, and will be completed by the end of February, 2005.

Deputy Resident Officer In Charge of Construction (DROICC) Sasebo, Lt. j.g. J. Doug Herrin,asked for patience from everyone who lives and works on CFAS during the project.

“We know that this construction, with its associated inconveniences, such as detours and one lane traffic,will be difficult, but in the end it will make base roads a lot nicer to drive on and will be worth it,” said Herrin.

According to Herrin, ROICC handles all U.S.-funded construction on CFAS. Its parent unit, Naval Facilities Far East, is based in Yokosuka.

So why do CFAS’ roads have to be replaced?

“Over the years, the roads get excavated for improvements, such as communication lines and water lines,” explained Herrin. “When we conduct these projects, we patch the road when we’re done. When patches are done, they don’t get steamrolled as when the road is initially paved, so they’re more prone to failure. Gradually, the patches fail over time, or sink, affecting the road surface by creating dips and potholes. That’s when we have to go in and pave the entire road to get it back up to standards.”

Herrin said that the last time a road repavement project of this magnitude was done was over 20 years ago, according to base records.

The current road project was designed and funded through CFAS’ Public Works Engineering, and ROICC Sasebo accepted bids from Japanese contractors to do the road repavement project.

The contract for the project was awarded to Kajima Road Company, one of the largest paving companies in Japan. The company, headquartered in Tokyo, has significant experience in road repavement, and has done

many of the main highways in Japan.

“Kajima Road is a very high quality company,” said Herrin.

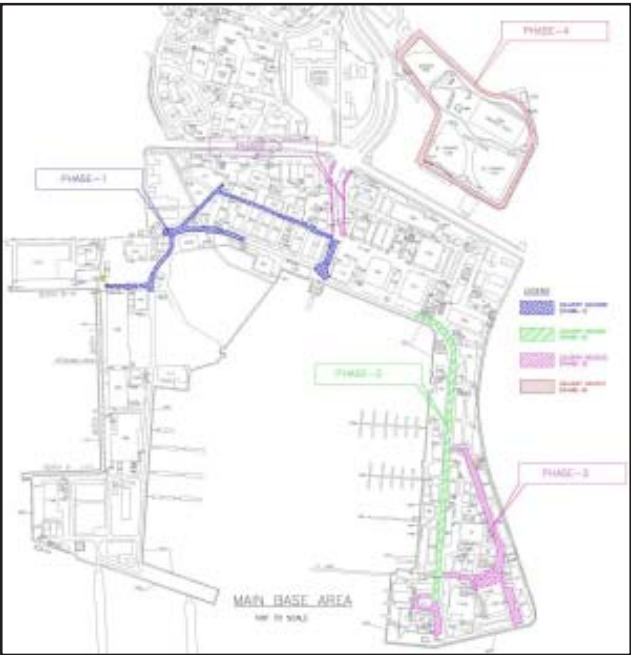
In order to repave the road, it first has to be torn up. A four-inch layer of ‘base course’, consisting of rocks and gravel, is laid down and compacted with a steamroller. Then, a two-inch layer of asphalt is laid down at a temperature of 300 degrees Fahrenheit, so it can be spread by a steamroller and allowed to dry.

The project hours are 8 a.m. to 4:30 p.m. daily. During that time, traffic will be reduced to one lane, and flagmen will direct traffic. At the end of the day, according to Herrin, traffic will go back to two lanes.

The Fleet Landing area will be completed Nov. 28.

“When people get back from Thanksgiving and drive on the new pavement in front of the Fleet Landing, they will realize how smooth the ride really is,” said Herrin.

For more information, contact ROICC Sasebo at 252-3469



As shown in this diagram, also run in Soundings Nov. 20, a large portion of CFAS’ roads will be repaved in the current project, which is the first in 20 years and is projected to be complete in February 2005. (Released by ROICC Sasebo)

Profile: USO Director



Director, USO Sasebo
Hometown...Portland, Maine

How long have you been in Japan?

Since January, 2003

What is your favorite thing about Sasebo?

The incredible natural beauty and the kindness of the Japanese

Are you married or single?

Single

Do you have any children?

No

What hobbies do you have?

I love traveling, but my newest hobby is kickboxing with Turbo Girl!

Who do you consider to be your role model?

Margaret Thatcher and Mother Theresa

What are your personal goals?

To complete my Masters’ degree in business

What motivates you?

My belief that I am here for a purpose.

What is the one thing you can’t stand?

People who hold grudges

What do people not know about you?

I used to run homeless shelters in Portland, Maine

What is your most embarrassing moment?

I was hosting a big visitor at my last USO center. We’d had a major event and we were in a hurry to clean up. When I finished I realized I’d forgotten clothes to change into! I had to go to the exchange and quickly buy something to wear. The outfit was two sizes too large so as I was showing the visitor around I had to hold my pants up with one hand!

If you could have dinner with three people, living or dead, who would they be?

C.S. Lewis, Martin Luther King, Jr. and Bob Hope

What is your favorite movie?

The Lord of the Rings

Harpers Ferry enjoys downtime thanks to MWR committee

JO2 (SW) Alicia T. Boatwright
Harpers Ferry Public Affairs

Long deployments always pose challenges in providing for off duty recreation for forces at sea. A Sailor's morale and motivation are key ingredients in maintaining combat readiness throughout the months of performing duties "at the spear tip". Being away from friends and family can also wear on their spirits, which can ultimately affect their full focus on the ship's mission.

USS Harpers Ferry (LSD 49) is deployed to the North Arabian Gulf and the ship's Morale, Welfare, and Recreation (MWR) Committee is making sure crewmembers aren't feeling the effects of long days at sea or the added challenges of high tempo operations. Ethnic celebrations, Video Game Nights, Karaoke Nights, Movie Nights, and other contests are only a few events Harpers Ferry Sailors have enjoyed during this deployment. These events were also open to local forces in the North Arabian Gulf able to participate.

Electronics Technician Second Class David Mitchell, Harpers Ferry MWR President, said high morale keeps the crew motivated. "If the crew is burnt out, it makes it difficult for them to do their job. They need a break from the daily routine," he said.

During Movie Nights, a giant screen is set up in the ship's Vehicle Turning Area (VTA). Crewmembers get to vote on which movies will be shown and the two movies with the most votes are aired that night. Of



The crew of USS Harpers Ferry (LSD 49), currently deployed to the North Arabian Gulf, are enjoying a variety of activities organized by the ship's Morale, Welfare, and Recreation (MWR) Committee. (Official U.S. Navy Photo)

course, the Movie Night would be incomplete without free freshly popped popcorn, sodas, and other movie treats.

Mitchell said when MWR first started holding the event, they didn't know what to expect. "We weren't sure what the turnout was going to be at first. It started out with a handful of people, then as we began to do it on a regular basis, more crewmembers started coming," he said. Mitchell estimates more than half of the crew participates in the events. When Harpers Ferry first arrived on station in the North Arabian Gulf, the heat

was very oppressive. Now, attendance has skyrocketed with better evening weather.

Seaman Veronica Edmonson said she enjoys the special events underway and uses them to occupy her downtime. "When I'm off work, there's nothing to do. [These events] give us time to have fun while we're underway," she said.

In addition to the events, Mitchell said MWR also has Gameboy systems for sign-out and other gaming systems and devices for crewmembers to use in their downtime. Such recreation items represent a significant investment in supporting a new generation of sailors who find their recreation in the high tech world of computers and cutting edge cyber games.

Mitchell said more events, such as a Talent Show, an end of deployment Comedy Night, and perhaps even an impromptu skit challenge, poking fun at the routines of the deployment in support

of the oil platforms, are in the works.

Mitchell said the MWR events are well-deserved in the face of a grueling operational tempo conducting simultaneous Afloat Forward Staging Base (AFSB) and Maritime Security Operations (MSO) missions. "I can't imagine what [this deployment] would be like for the crew without these events taking place. A lot of people have put a lot of hard work into putting these events together," he said. "After seeing the crew sit and relax while enjoying a movie or laugh and sing during Karaoke Night, I think it's all worth it," he said.

Navy institutes Professional Military Education Continuum program

Naval Education and Training Command Public Affairs

Citing the importance of continuing education to transformation goals and operational excellence, the Navy's Chief Learning Officer, Vice Adm. Alfred G. Harms Jr., commander, Naval Education and Training Command (NETC), announced the Navy's new Professional Military Education (PME) Continuum Nov. 18.

The PME Continuum integrates advanced education (beyond secondary school level), traditional Navy-specific Professional Military Education (NPME), Joint Professional Military Education (JPME) and leadership development. It sequences learning opportunities with significant career phases, allowing for newer personnel to receive more analytical and technical training, while those more senior will be offered strategic and management-oriented learning opportunities.

"We must adopt a more comprehensive approach to education that fully acknowledges the relevance of education to mission success," said Harms. "It is essential that we broaden the professional and intellectual horizons of Sailors throughout their careers to better prepare them to operate tomorrow's fleet, and to assume key Naval and joint leadership roles."

"As Sailors become more senior," Harms said, "education will provide more strategic perspectives, and develop more effective management and business practices. Leadership development will be more position-focused to align with roles across a career. Ultimately, from the earliest days of their careers, our Sailors and their leaders will know what professional military education is expected and required."

Naval Administrative Message (NAVADMIN) 263-04 outlines the implementation strategy for the comprehensive plan, which will impact every Sailor in the Navy.

"Our staff is aggressively developing flexible learning opportunities for the components of PME," said Harms.

"Implementation of the continuum is essential to the success of Seapower 21, and for the growth and development of our people to meet the challenges of today and the future."

JPME will provide understanding of the principles of jointness that underpin Seapower 21. Education in joint matters will enhance the ability of naval leaders to provide unique and complementary warfighting from the sea to joint force commanders. Timely completion of appropriate JMPE will be a key consideration in identifying future Navy leaders.

According to Harms, NPME will provide a broad, common understanding of the Navy and its full capabilities, and better prepare Sailors to effectively perform their missions across the full spectrum of naval and joint military operations. NPME will also be sequenced across a career, and address three core competencies of the Naval profession: military studies, professionalism, and national and global security.

NPME will also be incorporated into the Five Vector Model (5VM) for all Sailors, and will become a staple in both officer and enlisted accession training. The Center for Naval Leadership (CNL) has taken the lead, in conjunction with the Naval Post Graduate School, Naval War College, the Naval Historical Center, Naval Justice School and the Center for the Study of Professional Military Ethics at the Naval Academy, in developing a primary level course that will be implemented later this year. Content from this course will be used as the baseline for developing an intermediate level course for senior enlisted personnel. Officials hope to have the first intermediate course available by mid-fiscal year 2005.

Harms' senior enlisted leader, NETC Force Master Chief (FORCM) Michael J. McCalip, said the program is coming at the right time.

"The Navy is experiencing transformation everywhere," McCalip said, "and providing a relevant PME program for all Sailors directly supports the Sea

Warrior of the 21st century. We believe PME will provide us with a smarter, more agile force ready to meet every mission challenge."

McCalip credited the Chief of Naval Operations (CNO) with taking the Navy to new levels of excellence with his commitment to providing more educational opportunities for Sailors.

"PME is the right human capital investment for the Navy to make," McCalip stated, "and it will provide our organization with a huge return on our investment as we press forward into the future. These are exciting times for Sailors."

Distance learning, Harms believes, will be a key tool for Sailors to further their education and meet the goals of PME. In fact, he said, statistics show a substantial increase in the number of people enrolled in distance learning over the last three years.

"This (distance learning) is gaining steam from the grass roots of the organization," Harms added. "The Sailors like the flexibility this approach provides, and they want it."

Under PME, advanced education will emphasize the development of a technical or analytical knowledge base, critical thinking skills, an innovative mindset, and competencies to lead the Navy in the future. These education opportunities will include certificates, degree programs, and courses and seminars tailored to meet the professional requirements of all Sailors.

"We are transforming the way our Navy develops and equips the extraordinary men and women who choose to serve as members of the world's finest military," said Harms. "As our Navy becomes more high tech, our workforce will get smaller and smarter. We're going to need critical thinkers and agile learners if we're going to achieve the Seapower 21 Navy that the CNO envisions. What we're pursuing here is a future force that we believe will both want to be, and need to be, more educated than ever before."

All hands are welcome to join in the holiday Christmas In The Park festivities on Friday, Dec. 3 at Nimitz Park. The gala event will begin at 3 p.m. with a wide variety of fun things for the whole family. The event will continue until 7 p.m. Santa Claus (two of them!) will be there to meet all the children and there will be free Polaroid photos for everyone who sits on Santa's knee. Carnival games, air toys, arts and crafts, live stage entertainment a bonfire and a parade are just some of the many exciting activities in store for you. For more information, call 252-3500.

The Child Development Centers at Main Base and Hario will be happy to watch your children for you at no cost on Friday, Dec. 3, 10 and 17 from 6 to 10 p.m. so you can do some 'secret' Christmas shopping. Make your reservations now with the Child Development Center of your choice as space is limited. Registration deadlines are Dec. 1, 8 and 15, but please do not wait until the last minute. To register for Hario care call 252-8842. For Main Base care call 252-2985.

The Spare Time Recreation Center will host another no tap special bowling tournament (18 years or older), on Friday, Dec. 3 starting at 6:30 p.m. The entry fee is \$15. The tournament will consist of four games of bowling. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

The kids will love the many amusement rides and live animals in the petting zoo they'll find at Meriham Village. Travel & Tours has arranged a trip to the popular amusement park on Saturday, Dec. 4. Be sure to make your reservations now. The cost is only

There's nothing like being out on the open water without a care in the world. Sail along with the cool ocean breeze in your face. Don't know how to sail a boat? No problem. Just sign up for the basic sailing class scheduled for Friday, Dec. 10 at the Sailing & Outdoor Adventure Center. The class is set to begin at 10 a.m. and by 4 p.m. you should be ready to hoist sail and get underway all by yourself. An experienced Sailing & Outdoor Adventure staff member will be right there with you throughout the class to ensure you learn the ropes and have a safe and fun experience. Cost is only \$35 per person. For more information, call 252-3500.

Comedians Scott White and Mike Merryfield are set to perform live on stage on Tuesday, Dec. 14. The free show is scheduled to begin at 8 p.m. Remember, the MWR Designated Driver Program is available for all interested individuals. Simply ask any bartender or a Galaxies employee for details about the program when you arrive. For more information, call 252-2980.

Every Wednesday night is Bingo Night at the Harbor View Club. The first number is called promptly at 6 p.m. and players will start winning cash shortly thereafter. Blackout jackpots often exceed \$1,000. Free munchies are available and the bar will be open so you can purchase your favorite beverages. For more information, call 252-3965.

The Main Base and Hario Fitness Centers are looking for certified aerobic instructors to lead group exercise classes. For more information on how you can become a fully certified aerobics instructor contact Dave Glazier today at the Hario Fitness Center at 252-8860.

Betcha didn't know about: **Sasebo in the movies**

The most recent movie featuring Sasebo city, '69', is the silver screen adaptation of local author Ryu Murakami's book of the same title. An autobiographical coming of age story set in Sasebo during the year 1969, this book-turned-movie is the second of four books written by Mr. Murakami. Part of neighboring SSK property substituted for scenes of U.S. Fleet Activities Sasebo's main gate. I haven't seen the movie yet, but I saw Mr. Murakami about 10 years ago while he was a guest at Hotel Europe when I worked for NHV Hotels International at Huis ten Bosch.

Sasebo Naval Station played a very crucial role during the Russo-Japanese War, so it is only fitting the base was featured (although briefly) in a movie depicting battleship Mikasa and the Battle of Tsushima. 'Nihonkai Daikaisen: Umi Yukaba', translated as 'Big Battle of the Japan Sea: If You Go to Sea', was released in 1983. Also known as 'Battle Anthem', the movie mostly tells the story of a musician assigned to the Mikasa's band. If you look close, you'll recognize some of our red brick warehouses in the background.

Toho Studio's first Japanese monster movie shot in color was "Sora no Daikaiju Radon", known to American audiences as 'Rodan, the Flying Monster'. This 1956 film features not one, but two flying reptiles as they are awakened from deep slumber and wreak havoc in Kyushu. One of the monsters attacks Sasebo city and also destroys the then-new Saikai Bridge with supersonic wind created by its flapping wings. The Hario Radio Towers also make a brief appearance during a scene where Japan Air Self Defense Force fighter jets chase Rodan toward Saikai Bridge.

Although it wasn't shot in Sasebo, the 1980 miniseries "Shogun" also deserves a quick mention; part of the 12-hour epic was filmed at nearby Hirado Island. I wonder how many former base residents made the trek to Hirado to catch a glimpse of leading star Richard Chamberlain?

ONE FREE MOVIE!

with the new MWR

CINE-PASS

Receive one stamp for each movie admission.
Collect 7 stamps, your 8th movie is FREE!

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Cine-Pass

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- Hario Theater
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Great Gift Giving Idea!

1. All sales are final. No refunds.
2. Lost cards will not be replaced.
3. This card can be used for multiple admissions.
4. A child's CINE-PASS CANNOT be used for an adult's admission.
5. Admission is based upon seating availability.
6. Any card that has been misused, altered or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No jackets, stoles, scarves, umbrellas or staves are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

For more information, call 252-2968.

Guidelines...from pg. 1

However, you can't solicit other employees for contributions to a group gift. (Group gifts are permitted only for special, infrequent events such as retirements.) As for contractor employees, you can't ask them to contribute anything, as it is considered soliciting a gift from a prohibited source. Even if contractor employees volunteer to contribute cash, it may not be accepted because the \$20 exception does not apply to cash.

4. **Exchange of Gifts:** Your office, including the contractor employees, wants to exchange gifts at the party. If gifts are chosen at random or traded, there are no monetary limits (except common sense) because the purchaser of the gift does not know who will eventually receive it. Gift exchanges in which employees purchase gifts for other employees whose names they drew at random are more troublesome. Where contractor personnel are involved, a \$20 limit eliminates any

concerns. Where an employee may buy a gift for a superior, the \$10 limit is prudent. Some organizations consider such a gift exchange to be exchanges of items of equivalent value, and that everyone participating is paying market value for the items, so no one is receiving a gift. As such, the suggested monetary limits above are not applicable.

5. **Private Parties (Federal Personnel):** One of your government co-workers is having a party at his house and has invited office personnel, including the contractor employees. A gift of food and refreshments to a contractor employee does not violate government ethics rules. The contractor employees may want to check with their contractor's rules before accepting since many contractors have similar ethics rules. If the contractor employee brings a hospitality gift, it may not exceed \$20. If such a gift is edible, even if it exceeds \$20, the host may accept it on behalf of all the guests and share it with them.

Several exceptions may permit attendance, however. Under the \$20 rule, if the average cost per guest does not exceed \$20, government personnel may accept. (However, if the cost per guest is \$40, the "I won't eat more than \$20 worth of food." defense will not work.)

Also, government personnel may accept if the invitation is based on a bona fide personal relationship with the contractor employee.

Finally, if the party qualifies as a widely-attended gathering (involving a large number of persons representing a diversity of views) and the employee's supervisor determines that it is in the agency's interest for the employee to attend, the employee may enjoy the food, drink, and entertainment.

Government personnel who desire to take a gift to show their appreciation for the hospitality should consult with the contractor employee to determine if he or she may accept such a gift in accordance with the contractor's rules of ethics.

6. **Private Parties (Contractor-sponsored):** If the contractor is sponsoring an employee's party or open-house, and you are invited by the contractor (or an employee of the contractor), you may not attend unless one of the exceptions in paragraph #6, above, apply.

Have a wonderful holiday season. Please remember that this guidance only highlights common questions, and does not cover every situation. If you are unsure, contact your ethics counselor, Lt. Maribel Mercado, at 252-2102.

6. **Private Parties (Contractor Employee):** If a contractor employee is having a party and invites government personnel, normally government personnel must decline, since the food, drink, and entertainment is a gift from a prohibited source.

Sasebo Soundings celebrates 45 years of news Nov. 21

Phil Eakins
Base Historian

Can you imagine what it would be like to not have a base newspaper to read each week? That's how it was for the Sailors, Marines, soldiers and their families stationed at U.S. Fleet Activities Sasebo until the late 50s.

Thanks to a Navy wife, the Sasebo Soundings quietly observed its 45th anniversary on Nov. 21.

Conceived by Mrs. William Bernard in 1958, the newspaper was nameless for its first three issues before being christened the Sase Bowl News. Mrs. E.E. Pierce helmed the newly created paper as editor during its first two years.

The first picture pages appeared in August 1959 and were featured about every six weeks. The Sase Bowl News was completely edited and operated by Navy wives until the early 70s when Navy Journalists eventually took over the operation.

The newspaper's name has changed

over the years, known at various times as the Sasebowl News, the Soundings and eventually Sasebo Soundings.

When I was assigned to Far East Network (now AFN) Sasebo in April 1989, the newspaper was still a cut and paste operation. The staff consisted of one Navy Journalist and his Japanese assistant. Articles were literally cut and pasted onto blank pages and then mimeographed at the Administration building.

Each Friday morning personnel from the transient barracks would assemble in the old command conference room to collate and staple together copies of that week's issue.

These days the newspaper, staffed by two Navy Journalists, is printed locally off base and features an all black & white format in each issue.

The paper has made tremendous strides since 1958 and I'm excited to see where Sasebo Soundings is headed from here.

Safety...from pg. 2

inspected. You should do this at least once a year. When you cozy up by the fire, always use a fire screen and burn only material appropriate for fireplaces; never burn trash or wrapping paper in a fireplace.

Cook a hearty, but safe, holiday meal. Even cooking a wholesome holiday meal isn't without risks. Be sure to thoroughly wash hands, utensils, sinks, countertops or anything else that comes in contact with raw poultry. Remember that a stuffed turkey takes longer to cook. Closely follow cooking instructions on the product label. What do you do with all

those leftovers? Refrigerate or freeze leftovers in covered shallow containers (less than two inches deep) within two hours after cooking. Date the leftovers for future use.

'Tis the season to be stress-free. Start your shopping early so that you don't have to rush through packed stores and parking lots. Make it easy on yourself; gift certificates often make the most appreciated gifts. Also, you don't have to accept every invitation. Choose one or two close family or friend get-togethers. Spend time off from work wisely; relax, read, or catch up on household projects.



DoDEA Director visits Sasebo Elementary School...

The Director of DoD Education Activities (DODEA), visited Sasebo Elementary School on Tuesday, Nov. 16. He is shown with third grade students, discussing how to write a paragraph using the Six Traits. (Photo by Beth Martin)

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Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is

The Hario Fitness Center presents a great opportunity for you to get out of the house and burn off any excess weight you may have put on over the Thanksgiving holiday with a 3K Turkey Trot around the Hario community on Sunday, Nov. 28. The Turkey Trot will get underway at 10 a.m. in front of the Hario Fitness Center. No

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090 5731 5744 or visit us at www.photographybyferna.com

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please Mrs. G @ 252-8454.

This tournament is for the vertically challenged and hoops will be lowered to nine feet. Entries are due on Monday, Nov. 29. ID cards will be checked for height, questionable players will be required to pass the height exam! Awards will go to the top three teams along with

**Deadline for
submissions is Tuesday
at Noon**

This brisk of a challenge will be held at Tsukumo Golf Course. Remember to wear your long johns and have a merry good time! Entries are due to the Fleet Fitness Center office by Tuesday, Dec. 7. A \$5.00 registration fee is required upon registration. Format is Singles Handicap (3 club plus a putter). Awards to the top golfer in each flight, along with long drive, close to pin and gorilla contests.





Fleet Gym 252-3588

Hario Gym 252-8691

Season finale tournaments commend top-notch athletes

JOSN Jeff Johnstone
CFAS Public Affairs

Another great season of intramural softball and basketball is in the books at Fleet Activities Sasebo (CFAS). The season ended with a bang for both sports, as the annual season finale tournaments brought out the best in the athletes involved.

In softball action, it was the Total Force taking home the championship Saturday, Nov. 13 at Nimitz Park, going undefeated for the day. Stiff competition saw the Fire Dreams finish second and Fort Mac took third place.

It was a great year for the Total Force, winners of the one-pitch softball tournament earlier this season. The Force was collectively awarded the MVP award for their dominating performance at the tournament. Along with their dominating play, individual acknowledgement was given to the Force's Ralph Roe, as he was named the Best Offensive Player.

The Fire Dreams, who handed the Total Force their only loss at the one pitch tournament earlier in the season, took the league title, and the Dreams' Guy Burleson won the Sportsmanship award.

Fort Mac's Mike Gavin was named Best Defensive Player at the tournament.

In basketball, the Showtime emerged over the Outlaws (runners-up) and Guardian (third) in the two-day tournament. The tournament took place Tuesday Nov. 16 and Thursday, Nov. 18 at the Fleet Gym. Showtime's William Key took the tournament MVP honors, and his teammate Steve Ghezzi took the sportsmanship award.

Showtime won the battle, but it was the Fort Mac Young Guns who won the war, as they finished league champions.

The Outlaws were strong all season, led by Tyson Huff, named the league's scoring leader this season.

Congratulations to all the athletes who participated in an exciting season of softball and basketball action.



Showtime's sportsmanship award winner (foreground) was recognized for his consistent fair play. (Official U.S. Navy Photo by JOSN Jeff Johnstone)



The Total Force was collectively named MVPs at the intramural softball season finale tournament. (Official U.S. Navy Photo by JOSN Jeff Johnstone)



This Outlaws guard led the intramural basketball league in scoring this season. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Fitness Tip: Eating right improves metabolism

Alec Culpepper
MWR Fitness & Aquatics Director

To boost metabolism by way of the foods you eat, think protein, calcium, fiber, and spices.

Be protein active. Protein generally takes longer to digest, meaning you are burning more calories while your body is breaking it down. Try to eat some protein at every meal and at snack time, and you will crank up your thermic metabolism by as much as one-third during the day.

Drink your milk. Studies have shown that calcium boosts basal metabolism, and it can aid in fat burning by making your body prefer fat as fuel. Get your fiber. Just like protein, high-fiber foods increase the thermic effect because they take longer to digest, which means you burn more calories in the process. Healthy, high-fiber foods to eat throughout the day include beans, fresh fruits and vegetables, and whole-grain breads.

Spice it up. Spicy foods do more than make you sweat. Research has shown that capsaicin, the spicy ingredient in hot peppers, can temporarily speed up your metabolism.

Go green. Unlike black tea and other teas, green tea contains a phytochemical called ECGC that researchers say can boost your basal metabolism. Green tea also contains less caffeine than coffee, so you're less likely to get jittery. Can't stomach the taste? Add milk and a little sugar or a little honey to taste.

Watch the alcohol. Alcohol dehydrates you, which slows down your thermic metabolism. It can also keep fat from metabolizing, which can lower your basal metabolism.

Eat early and often. Skipping breakfast further

decreases your thermic metabolism. It also tends to slow your activity and metabolism because you have less energy.

Stay fluid. Dehydration can slow your thermic metabolism and also cause fatigue. Try to drink at least eight to ten glasses per day.

Great American Smoke Out 3K Run/Walk Results:

Friday, Nov. 19, 2004

Mens'

1st - Rick Gilbert	SRF
13:10	
2nd - Darrell Baerwaldt	BMC
13:33	
3rd - Gary Hermosura	CFAS
13:59	

Womens'

1st - Patricia Hart	BMC
28:16	

FROM THE BENCH

with hosts
Isaiah Mincks
Dennis Lebling and Dave Glazier

Thursday mornings 8:00 – 9:00

THUNDER RADIO 1575

And they're off...



Fleet Activities Sasebo (CFAS) personnel take off during the command Physical Readiness Test's (PRT) 1.5 mile run Thursday, Nov. 18. The PRT tests Sailors strength, endurance and flexibility. (Photo by MA1 Kevin Davis)